

# FirstBite Newsletter

## Recession Proofing Your Mouth

Unexpected dental costs can be scary to some, especially in times of uncertainty. Here are some things that you can do right now to help you save later.

### 1. Flossing and Brushing

Surprisingly, only about 20% of the population floss regularly. By not flossing you are leaving 50% of the tooth uncleaned, creating little hives of activity for bacteria. I floss my teeth 3 times a day – everyday.

### 2. Don't eat rubbish

Eat foods that are good to your teeth. Fruit and vegies and calcium containing products are top of the list. Humans are designed to drink water, not sugar filled soft drinks.

### 3. Regular check-ups

Get your teeth professionally cleaned to remove all the bacteria at least every six months.

### 4. Get a full dental examination

This normally involves X-rays so that by the end of the visit you know what every tooth is doing. We give our patients all your options for each tooth, and the mouth as a whole. It is then up to you to decide what path you want to take. The main point of this is that there are no surprises left in your mouth. Painful dental surprises can also be painful on the wallet.

### 5. Is that mouth wash necessary?

If you are doing all of the above you really don't need one. Unless of course, it has been prescribed by your dentist or hygienist.

### 6. Are you getting the most from your health cover?

According to the ADA, there has been no real increase in payments for dental treatments for about 11 years, but insurers have certainly increased their fees. Why do you think they offer 2 months free for extras?. Again, according to the ADA, 'Extras' are where insurance companies make most profits. If you are doing the first five points then you may find you are not getting value for money.



### 7. Teeth grinding and clenching

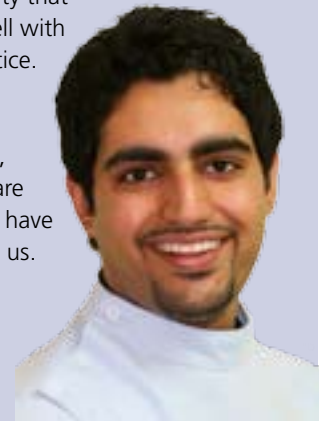
If you know that you are grinding or clenching your teeth then get a splint to wear at night time. Dentists spend many a day fixing the problems that this causes such as fractured teeth, teeth getting smaller with time, killing nerves, destroying the bone around the teeth so they become loose, and the list goes on and on. Many of these can be avoided with a night time splint. The cost of a splint could save you thousands in dental care down the track.

## Dev the New Dentist

The team at FirstBite Dental would like to welcome our new dentist, Dr Devjit Boparoy, to our practice.

Dev graduated from the University of Otago, New Zealand, and prior to moving to Victoria was working with Queensland Health.

Dev has a lovely cheerful personality that fits in well with our practice. His work ethic is excellent, and we are proud to have him with us.



## Did you know?

### Cleaning a Toothbrush

For many years now Dr Hymer has been affiliated with companies trying to sell units for disinfecting toothbrushes. So many different devices have been tried and tested.

The *CRA Journal* which is a respected evidence based journal in the dental world has just gone through all the research and came up with a conclusion.

Putting your toothbrush regularly into the utensils container in your dishwasher is the best way to keep it clean.

With our new dentist, and extra hygiene hours we are now able to offer extended opening hours.

Monday	8am to 5.30pm	Thursday	7am to 6.30pm
Tuesday	8am to 8.30pm	Friday	7am to 5pm
Wednesday	9am to 5pm	Saturday	9am to 1pm

# Case Study: Tru-Line Invisible Braces

Everyone loves a beautiful smile. But it sometimes seems like too much effort to wear traditional braces to correct a simple crooked tooth or a few gaps, so we persist with what we have.

There is now an alternative to help you achieve the smile you always wanted, without wearing metal for 2-3 years. We are pleased to offer our patients a new invisible orthodontic system.

The Tru-Line Invisible Orthodontic System™ is suitable for patients looking for simple alignment and correction to perfect their smile.

The convenience and ease of use of the Tru-Line Invisible Orthodontic System™ makes it the ideal choice for suitable patients as there are no metal wires, brackets, or bands to irritate your mouth. Most people won't notice you're in treatment, and best of all it's very affordable.



This new system uses a series of transparent plastic aligners to gently move your teeth to their ideal position. For better and faster results you also have the added option of using our custom made auxiliary appliances.

This system only works on simple cases with minimal crowding and doesn't correct jaw problems.

There is no doubt that conventional braces are still the best and most effective method for achieving your smile. But, that can seem excessive and unattractive for those who don't want the braces look and only require a simple movement of teeth.

We have no hesitation in recommending this product to suitable patients. So, if you have a crooked tooth or are unhappy about a gappy smile, then talk to Agim or Dev about whether this product is suitable for you.

## Practice News

### BABY NEWS

Candice our hygienist has had a baby boy, Cooper. Aurora our nurse has had a baby girl, Sienna. All mums and babies are fit and healthy.

**A new Dental Therapist has replaced Candice our hygienist.** Jessica originates from Bendigo. A therapist can do your 'Active Maintenance' (old term being Hygiene) appointment and complete fillings on patients under the age of 21. Along with the extra skill set that Jessica brings, we are lucky to have someone so lovely join our team.

### With heart felt thanks for your referrals.

Our business is built on word of mouth advertising and we would like to thank you for referring your friends and family.

Agron Tversky is the winner of one night's accommodation at the Crown Promenade Hotel, including buffet breakfast and valet parking. Just as a thank you for referring us.

## Diagnodent

Many of our readers may already be familiar with the new Diagnodent tool in our rooms. It has become a part of every check-up as a means of detecting future dental concerns.

Traditionally, when dentists were looking for holes in your teeth they used a dental pick. The first picture on the right illustrates how these can fail to identify the true depth of existing cavities in your teeth. This had little to do with the skill of the dentist, and a lot to do with how cavities grow.

Research has shown that because it often can't reach into where the new cavity begins, we (dentists and hygienists) were missing 76% of the most common cavities. Which means that 3 out of 4 times we were saying that things were fine, when in reality, we had actually missed diagnosing the cavity.

By the time it was identified, the cavity had grown sufficiently to require a full dental filling, or further treatment.

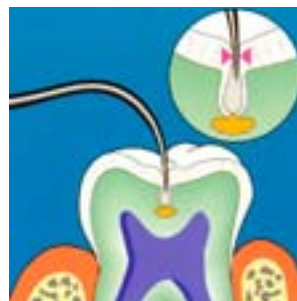
In the second picture (below-left), the Diagnodent, or 'Laser Cavity Scanner' uses a high-tech beam of laser light to reach down into areas that the 'pick' or 'explorer' was simply unable to access.

Diagnosis is instant, accurate, and 100% comfortable. (There is no sensation at all from the laser diagnostic, unlike the pick.) Any reading on the machine above 20 is a hole.

We suggest to patients to get it fixed now rather than waiting for the hole to grow bigger, but the option is always in your hands.

So we will be using this in all exams from now on to make our diagnosis a step closer to perfection, and to

help you avoid the need for larger dental treatment down the track.



309 Keilor Road,  
North Essendon,  
Victoria 3041

Telephone: 03 9379 1893  
Facsimile: 03 9379 1963  
Email: [info@firstbite.com.au](mailto:info@firstbite.com.au)

Visit us on the web at [www.firstbite.com.au](http://www.firstbite.com.au)